Clean Collagen Protein

HydroBeef™ Collagen Protein from Grass-Fed Cows*

Dairy-Free Protein

Hydrolyzed Collagen

MCT Oils and Fiber

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Clean Collagen Protein

Available in 30 Powdered Servings

Nutritional Frontiers' **Clean Collagen Protein** powder provides 20 grams of collagen protein along with 3 grams of fiber from Fibersol, and 3 grams of MCT oil, per serving. This collagen powder also provides an array of important nutrients such as folate (as 5-methyltetrahydrofolate), calcium, vitamin C, iron, phosphorus, magnesium, potassium, and sodium.

HydroBeef™ is a grass-fed, hydrolyzed beef protein isolate of the highest quality. This is a guaranteed allergen-free, whole-food protein source. The beef in HydroBeef™ is sourced from grass-fed cows from the European Union, guaranteed 97% hormone-free, non-GMO, no sugar, no additives or preservatives, and no known allergens. Beef collagen provides a hypoallergenic protein source for those people who are sensitive to dairy, pea, peanut, soy, and other common protein sources in commercial protein powders. HydroBeef™ contains an array of BCAAs (branch chain amino acids. Collagen proteins are thought to be of benefit in maintaining and enhancing joint, tendon, and other aspects of musculoskeletal health. Hydrolysate collagen like that in HydroBeef™ stimulates collagenic tissue regeneration by increasing not only collagen synthesis but also glycosaminoglycans and hyaluronic acid synthesis. Research demonstrates that hydrolysate collagen ingestion helps to reduce and prevent joint pain, bone density loss and skin ageing. Collagen supplementation may specifically help skin hydration and elasticity.

Fibersol® is a soluble fiber comprised of a digestion-resistant maltodextrin. Fiber serves many purposes, including binding toxins in the intestines to aid in detoxification, helping glucose and lipid control, and supporting proper bowel function, regularity, fecal volume, and beneficial intestinal micro flora. What makes Fibersol®-2 unique is that it is so soluble and less dense than other fibers that it mixes instantly and does not cause bloating or intestinal gas, like other fiber products. Fibersol®-2 is not only well-tolerated but also results in favorable fermentation characteristics in the large bowel, assisting production of the short chain fatty acid butyrate which is the preferred fuel source of colon cells.

Medium chain triglycerides (MCTs) are bioactive lipids which are easily metabolized and absorbed. These fatty acids are characterized by a chemical composition that is shorter than the long chain fatty acids that are present in most other oils and fats. Their smaller molecular size contributes to their rapid absorption, thereby providing a quick energy source for the body. This class of fatty acids is found in low amounts in the diet and has a lower caloric content than other fats. MCTs have been used in medicine for decades to assist in many metabolic and digestive abnormalities like pancreatic insufficiency, fat malabsorption, nutrition for premature babies, and more.

Medium chain triglyceride consumption can help increase satiety and reduce food intake. Furthermore, MCT oil exhibits the potential to enhance weight loss and mitigate the unhealthy cardio-metabolic effects of obesity. The gut microbiome plays a significant role in obesity and the metabolic profile: since MCTs are known for their anti-microbial activity, it's theorized that one mechanism by which they assist in weight loss is by improving gut bacterial health. MCT oil may enhance exercise endurance as well although these effects are still under investigation. It's possible that this effect occurs through its beneficial effects on mitochondria.

Serving Size: 1 Scoop (30.3g) | Servings Per Container: 30

Protein	20 g
Vitamin C (as Calcium Ascorbate)	250 mg
Folate (as 5-Methyltetrahydrofolate Calcium) 100mcg)	100 mcg DFE
Calcium (as Calcium Ascorbate)	30 mg
Phosphorus	10 mg
Sodium	140 mg
Potassium	70 mg
HydroBEEF (Hydrolyzed Collagen Powder)	21.1 g
Fibersol®	3 g
MCT Oil Powder	3 g

Other Ingredients: Xylitol Powder, Natural Flavoring, Monk Fruit Extract, Malic Acid, Grape Skin Extract (for Color), Red Beet Powder (for Color).

Suggested Use: As a dietary supplement, mix 1 scoop with 8 oz. of water, almond, rice, or coconut milk and ice, serve cold.

Also available in Cacao Flavor.

Warnings: If pregnant or nursing, consult your healthcare practitioner before taking this product. Color of this formula may vary due to color variations of the ingredients. Keep out of reach of children. Store in a cool, dry place. Do not expose to heat, light, or humidity. Close container tightly after each use.

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Fibersol® is a registered Trademark of ADM/Matsutani LLC and Matsutani Chemical Industry Co. LTD.
Fibersol®-2 is a soluble dietary fiber produced by ADM/Matsutani LLC.

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